Great Tastes

A Cookbook

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Appetizers

Seven Layer Taco Dip

Clams Oreganato

Seven Layer Taco Dip

Serve this dip with tortilla chips for dipping. Serves a crowd.

Mash peeled and seeded avocados with lemon juice and mayonnaise to taste. Add 2 - 3 tablespoons sour cream, plus 2 - 3 T. mayonnaise and mix with the packaged taco seasoning to taste. Grate the cheddar and monterey jack cheeses and chop and drain tomatoes and green onions, with tops. Layer the ingredients on a platter in the order given at right.

- *1 - 2 avocados*
- *lemon juice*
- *mayonnaise*
- *2 - 3 T. sour cream*
- *pkg. taco seasoning*
- *4 oz cheddar cheese*
- *4 oz. monterey jack cheese*
- *1/2 small can chopped ripe olives*
- *2 tomatoes*
- *3 - 4 green onions*

Clams Oreganato

This is a hard recipe to ruin — you can vary the proportions of ingredients and it still tastes good.

Heat the oil and butter together over medium heat and saute the onions, garlic, and shallots until soft and translucent. Add the parsley and spices for the last few minutes of cooking. Turn off the heat and stir in the clams, breadcrumbs, and most of the cheese. Use the reserved clam juice as needed to moisten the mixture. Stir in garlic powder, salt and pepper to taste. Spread the mixture in a buttered, shallow, glass or porcelain baking dish, sprinkle the rest of the cheese on top, bake at 325° for 35 – 40 minutes. Garnish with parsley and lemon wedges.

A yummy hot hors d'ouevre for 8 – 12 when spread on plain crackers. Bake in individual clam or scallop dishes and serve as a first course.

- *2 6-oz. cans of minced or chopped clams*
- *2 medium onions*
- *5 cloves minced garlic*
- *2 medium shallots*
- *1/4 c. fresh parsley*
- *1 c. bread crumbs*
- *1/2 c. grated cheese (a combination of Parmesan, Romano, and Gruyere is best)*
- *1 - 2 T. dried oregano*
- *2 T. olive oil*
- *1 T. butter*
- *1 t. garlic powder*
- *salt & pepper to taste*

Main Dishes

Chili Rellano

Amish Pot Roast

Chicken Alfredo

Baked Pork Chops

Beef and Rice Casserole

Filo Chicken Packets

Moussaka

Honey Glazed Chicken

No-Peek Chicken and Rice

Chili Rellano

Make batter of flour, eggs, milk and salt. Pour half of batter in bottom of 9 x 12-inch casserole dish. Layer chillies on batter. Shred cheeses and sprinkle over chilies. Pour rest of batter over cheese.

Bake at 325° for 45 minutes. Pour salsa with Tabasco over casserole. Bake 15 minutes longer. Best served hot, but let sit a few minutes before serving so casserole doesn't run.

- *3 7-oz. cans whole green chilies, drained*
- *3/4 lb. each of jack and mild cheddar cheeses*
- *12 oz. evaporated milk*
- *3 T. flour*
- *salt*
- *4 eggs*
- *Tabasco Sauce*
- *10-oz. can green chili salsa*

Amish Pot Roast

Preheat oven to 300°.

Heat oil in large skillet over high heat, then sear meat on both sides. In a large roasting pan, combine one onion and remaining ingredients. Transfer browned meat to roasting pan and top with second onion.

Cover and bake 3 1/2 to 4 hours. Baste every hour with juices. If liquid begins to boil away, add more coffee or soy sauce as needed. Use pan juices to make gravy. Use NO salt.

- *3 lbs. pot roast, trimmed of fat*
- *1 T. vegetable oil*
- *1/4 c. soy sauce*
- *1 c. coffee*
- *2 bay leaves*
- *1 clove garlic, minced*
- *1/2 t. oregano*
- *2 onions sliced*
- *additional coffee & soy sauce as needed*

Chicken Alfredo

Beat eggs with milk. Add 1/2 cup grated cheese and parsley. Dip chicken pieces in egg mixture and roll in bread crumbs. Lightly brown in a skillet with a bit of olive oil. Remove to a baking dish.

Over medium heat, melt butter. Add cream and milk, stirring constantly. Add cheese and parsley until it is a warm sauce.

Pour sauce over chicken breasts. Cover with foil and bake at 350° for 20 to 30 minutes or until chicken is cooked. During the last five minutes, add a slice of mozzarella to each bread piece and allow to melt.

- *2 boneless, skinless chicken breasts*
- *2 eggs*
- *1 T. milk*
- *1/2 cup grated parmesan or romano cheese*
- *1 T. parsley*
- *bread crumbs*
- *4 slices mozzarella cheese*

Sauce:

- *3 T. butter*
- *1/2 pt. heavy cream*
- *1/2 c. milk*
- *1/2 c. grated cheese*
- *1 T. parsley*

Baked Pork Chops

- *Pork chops*
(as many as needed)
- *flour*
- *Dijon mustard*
- *1 bell pepper*
- *1 medium onion*

Coat pork chops with mustard. Lightly dredge in flour and then brown quickly in skillet. Place in baking dish. Add salt and pepper to taste. Add thinly sliced pepper and onion over each chop.

Cover with foil and bake at 325° for 35 to 40 minutes, until chops are cooked.

Beef and Rice Casserole

This is delicious when made ahead, stored in a casserole dish, then reheated. Can be eaten like this or topped with shredded cheese and popped under broiler.

Brown beef in skillet. Add onion and green pepper. Drain off excess grease. Stir in seasonings, soup, tomatoes, and rice. Bring to boil. Reduce heat and simmer slowly for about five minutes, stirring occasionally.

- *1 lb. ground beef*
- *3/4 c. chopped onion*
- *1/4 c. chopped bell pepper*
- *1 c. minute rice*
- *1 16-oz. can tomatoes*
- *1 can cream of mushroom soup*

Spices: (add to taste)

- *basil*
- *oregano*
- *garlic*
- *bay leaf*
- *fresh parsley*

Filo Chicken Packets

Note: One package of filo dough usually contains 22 sheets, or 11 packets. A hearty eater will consume 1 1/2 packets during a meal.

Thaw frozen filo dough in its package for 8 hours in the refrigerator, then let it stand for 2 hours before you use it. Once the filo dough has been opened and unrolled, place a slightly damp towel over it to prevent drying out.

Mix together green onion, mayonnaise, lemon juice, 2 cloves of the garlic and tarragon and set aside. Combine remaining garlic with the butter.

Place one sheet of the filo dough on a board and brush it with about 2 t. garlic butter. Arrange a second sheet on top and brush it with another 2 t. garlic butter. Lightly sprinkle a chicken piece with salt and pepper, spread one side with the mayonnaise mixture. Turn over one corner of the filo and top with more mayonnaise mixture

- *3/4 c. chopped green onion*
- *3/4 c. mayonnaise*
- *3 T. lemon juice*
- *3 cloves garlic, minced*
- *3/4 t. dry tarragon*
- *2/3 c. melted butter*
- *12 sheets filo dough*
- *6 chicken breast halves, boned and skinned*
- *2 T. grated Parmesan cheese*
- *salt and pepper to taste*

Filo Chicken Packets (continued)

(about 3 T. in all).

Roll the corner of the filo over the chicken once. Fold side over top and roll again. Fold opposite corner over then roll up. Repeat for all chicken pieces. Place slightly apart in ungreased baking pan. Brush all packets with remaining garlic butter. Sprinkle with Parmesan cheese. Bake at 375° for 20 – 25 minutes, or until golden. Serve hot.

Moussaka

- *3 eggplants*
- *1 c. butter*
- *3 large onions*
- *2 lbs. ground lamb or beef*
- *3 T. tomato paste*
- *1/2 c. red wine*
- *1/2 c. chopped parsley*
- *1/4 t. cinnamon*
- *1/2 t. salt (or to taste)*
- *freshly ground black pepper*
- *6 T. flour*
- *1 qt. milk*
- *3 eggs*
- *nutmeg*

Peel the eggplants and cut them into slices about 1/2-inch thick. Brown the slices quickly in 4 T. of the butter. Set aside. Heat 4 T. of butter in the same skillet and cook the onions until they are brown. Add the ground meat and cook 10 minutes. Combine the tomato paste with the wine, parsley, cinnamon, salt and pepper. Stir this mixture into the meat and simmer over low heat, stirring frequently until all the liquid has been absorbed. Remove the mixture from the fire.

Preheat oven to 375°. Make a white sauce by melting 8 T. butter and blending in the flour, stirring with a wire whisk. Meanwhile, bring the milk to a boil and add it gradually to the butter/flour mixture, stirring constantly. When the mixture is thickened and smooth, remove it from the heat. Cool slightly and stir in the beaten eggs, nutmeg, and ricotta cheese. Grease an 11 x 16-inch pan and sprinkle the bottom lightly with bread crumbs. Arrange alternate layers of eggplant and

Moussaka (continued)

meat sauce in the pan, sprinkling each layer with Parmesan cheese and bread crumbs.

Pour the ricotta cheese sauce over the top and bake one hour, or until top is golden. Remove from the oven and cool 20 – 30 minutes before serving. Cut into squares and serve. Serves 8.

- *2 c. ricotta or cottage cheese*
- *1 c. fine bread crumbs*
- *1 c. freshly grated Parmesan cheese*

Honey Glazed Chicken

Preheat oven to 400°. Place chicken in a lightly greased 13 x 9-inch dish, skin up. Brush with melted butter and sprinkle on salt and pepper. Bake for 45 - 50 minutes, or until light golden brown.

In a small sauce pan, combine all glaze ingredients. Mix well. Cook over medium heat until thickened, stirring occasionally.

Drain excess fat from cooked chicken. Move chicken to one end of the baking dish, and arrange biscuits in opposite end. Spoon glaze over chicken and biscuits. Sprinkle corn flakes over biscuits. Return to oven for 10 – 15 minutes.

- *2 - 2 1/2 lbs. cut up chicken*
- *2 T. melted butter*
- *1 t. salt*
- *1/4 t. pepper*
- *8-oz. can refrigerator biscuits*
- *1/3 c. corn flakes (slightly crushed)*

Glaze:

- *2/3 c. honey*
- *1/2 c. orange juice*
- *2 T. flour*
- *1 T. lemon juice*
- *1 t. cinnamon*
- *1 t. Worcestershire sauce*

No-Peek Chicken and Rice

Preheat oven to 350°. In 3-quart oblong baking dish combine uncooked rice, cream soup, onion soup mix and water. Arrange chicken on top of this mixture.

Bake 1 to 1 1/4 hours, or until chicken is tender and rice is done. 4 servings.

- *3/4 c. uncooked white rice*
- *1 can condensed cream of celery, chicken or mushroom soup*
- *1 envelope onion soup mix*
- *2 1/4 c. water*
- *2 1/2 lbs. chicken, cut into serving pieces*

Side Dishes

Sweet Potato "Pancake"

Cornbread Sausage and Stuffing

Broccoli Casserole

Zucchini Casserole

Spinach Casserole

Venice (California) Apple Casserole

Pesto

Sweet Potato "Pancake"

A new Thanksgiving classic. Substitute butternut squash for sweet potatoes or apples for pears, if you wish.

Preheat oven to 400° with a rack in the lower third of the oven. Melt the butter. Peel and thinly slice sweet potatoes. Peel, halve, core and thinly slice the pear. Butter a 9-inch cake or pie pan. Arrange a layer of sliced sweet potatoes in the pan, overlapping them slightly in a neat pattern.

Gently press layer with your hands to flatten it slightly. Sprinkle with salt and pepper, and drizzle with a little melted butter. Top with half the pear slices, sprinkling them with 1 T. maple syrup and more butter. Add a layer of sweet potato, then the remaining pears then the remaining sweet potato, each time pressing gently and seasoning as directed. Drizzle top with the rest of the melted butter. Cover the dish with foil and then cover with a lid. Bake in the lower third of oven for 40 minutes. Remove lid and foil and bake until lightly golden and

- *1/2 c. unsalted butter, melted*
- *5 medium sweet potatoes (about 1 pound 10 ounces)*
- *3 firm, ripe pears*
- *salt and white pepper (to taste)*
- *3 T. maple syrup*

Sweet Potato "Pancake" (continued)

tender, about 25 minutes more. If you'd like to glaze the pancake further, place the pan directly on the floor of the oven for about 5 minutes *(watch carefully so as to prevent over browning)*. Remove pan from the oven and cool for about 5 minutes.

Carefully invert the pan onto a large round platter and let the pancake settle. Remove the baking pan carefully. Serve hot, cut into wedges. To prepare in advance, cover the pancake with foil, then reheat. Serves 8.

Cornbread Sausage and Stuffing

Makes 2 quarts (enough for a 10-12 pound turkey).

Saute sausage slowly, breaking it up with a fork, until lightly browned and thoroughly cooked. Transfer to large bowl using a slotted spoon. Drain all but 1/4 cup drippings from skillet. Add onion and celery. Saute until golden. Add to sausage with remaining ingredients and toss lightly. *(This can be doubled.)* If not stuffing a bird, put in a casserole.

Cover and bake at 325º for 45 – 60 minutes. Baste with turkey drippings or broth frequently to blend juices and prevent sticking.

- *1 1/2 lbs. sausage meat*
- *1 c. minced onion*
- *1 c. minced celery*
- *1 16-oz. pkg. Pepperidge Farm cornbread stuffing*
- *1/2 t. sage*
- *1/2 t. thyme*
- *1 t. Bell's seasoning*
- *1/4 t. pepper*
- *1 c. melted butter*

Broccoli Casserole

Cook broccoli for 5 minutes and drain. Mix remaining ingredients cracker crumbs and paprika. Add broccoli and spoon into a casserole dish. Bake at 400° for 20 minutes. Sprinkle cracker crumbs and paprika on as topping.

- *2 pkg. frozen chopped broccoli*
- *1 c. mushroom soup, undiluted*
- *1/2 c. mayonnaise*
- *1 t. finely chopped onion*
- *1 c. grated cheddar cheese*
- *2 eggs, beaten*
- *cracker crumbs*
- *paprika*

Zucchini Casserole

- *1 1/2 c. sliced onions*
- *3 c. zucchini shredded*
- *2 – 3 T. flour*
- *milk*
- *shredded cheddar cheese*

Grate zucchini, put in colander and sprinkle on 1 – 2 t. salt *(this will cause zucchini to ooze its liquid)*. Meanwhile, saute sliced onions in olive oil. Squeeze the zucchini dry *(reserve some of this liquid)* and add to onions. Continue to saute until both are tender. Add 2 – 3 T. flour. Stir in to cook flour. Add a bit of milk and some of the zucchini liquid if desired. Put in casserole dish and sprinkle cheese on top.

Place under broiler until cheese melts. Can be made ahead and reheated.

Spinach Casserole

- *3 pkg. frozen spinach*
- *8 slices bacon, diced and cooked*
- *10 T. sour cream or plain yogurt*
- *8 oz. mild cheddar cheese, grated*

Preheat oven to 350°. Cook the spinach as per package directions and drain well. Lay hot, cooked spinach into a 8 x 10-inch baking dish. Spread bacon then sour cream over, then sprinkle with cheese.

Bake 20 – 30 minutes or until cheese is melted. Makes 4 – 6 servings.

Venice (California) Apple Casserole

Mix all ingredients together. Lay in oiled 9 x 12-inch casserole. Cover. Bake at 350° for 40 minutes. Uncover for last 5 minutes. Makes 8 – 10 servings.

- *6 green apples, washed, cored and sliced*
- *1 1/4 c. oatmeal*
- *1 1/4 c. brown sugar*
- *4 T. cooking oil*
- *nutmeg and cinnamon (a couple of dashes each)*
- *1 c. crushed walnuts*
- *1 c. raisins*
- *1/3 c. whole wheat flour*
- *3 eggs*

Pesto

Coarsely chop basil leaves into food processor. One at a time, add garlic, pine nuts, and parmesan, mixing after each addition. The mixture will be very thick. Continue mixing and slowly add olive oil until mixture is the consistency of creamed butter.

Pour pesto into storage container and cover with thin layer of olive oil. Cover tightly and refrigerate or freeze.

- *2 c. fresh basil leaves, washed thoroughly*
- *2 – 4 cloves minced garlic*
- *1/2 c. pine nuts*
- *3/4 c. parmesan cheese*
- *3/4 c. olive oil*

Soups, Salads, Dressings & Sauces

Spinach Salad

Tomato Yogurt Soup

Bearnaise Sauce

Hollandaise Sauce

Corn Chowder

Red, White and Blue Layer Salad

Homemade Salad Dressing

Spinach Salad

The combination of sweet, hot, curry and grapefruit makes this an unusual and tasty salad.

Mix pecans, honey, cayenne together in a bowl then roast on baking sheet in oven for 5 minutes. Drain the canned grapefruit segments, chop hard boiled eggs and gently combine ingredients in a large salad bowl. *(The amount of ingredients depends on how large a salad you wish to make.)*

Toss with oil, vinegar, salt, pepper, or bottled Italian dressing.

- *hard boiled eggs*
- *bacon, fried and diced*
- *fresh spinach leaves*
- *fresh mushrooms, sliced*

for hot, sweet, curried pecans:

- *pecans*
- *honey*
- *cayenne*
- *canned grapefruit segments, drained of juice*

Tomato Yogurt Soup

This cold version of a traditional soup is a refreshing change for those hot-weather meals.

Combine yogurt, tomato juice and garlic salt in blender. Blend at medium speed for 2 minutes. Chill. Serve garnished with green onions and parsley. 6 servings.

- *2 c. yogurt*
- *2 1/2 c. tomato juice*
- *3/4 t. garlic salt*
- *finely chopped green onions*
- *finely chopped parsley*

Bearnaise Sauce

Wonderful with steamed artichokes.

Combine wine, vermouth, shallot and tarragon in small saucepan. Boil down to half of the original quantity *(approximately 1/4 cup should remain)*. Strain. Put egg yolks in cold double boiler. Water in double boiler should not touch bottom of upper pan. Beat with flat bottomed whisk until they look creamy and lemony. Over medium heat, slowly add melted butter while continuously stirring.

When all butter has been added, immediately add strained tarragon mixture *(do not overcook once butter has been added)*. Adding tarragon mixture will make the sauce very thin. Continue stirring and cooking over medium to low heat until sauce starts to thicken. Do not let sauce get too thick; it will continue to thicken once removed from heat. Add a few shakes of white pepper to taste. Remove from heat immediately. Serves 2.

- *3 egg yolks*
- *2/3 c. melted butter (unsalted)*
- *1 T. dried tarragon*
- *1/4 c. dry white wine or white wine vinegar with tarragon*
- *1/4 c. dry vermouth*
- *1/2 chopped shallot*
- *white pepper*

Hollandaise Sauce

This sauce is a must for Eggs Benedict!

Combine 2 T. lemon juice and 2T. boiling water. Strain. Put egg yolks in cold double boiler. Water in double boiler should not touch bottom of upper pan. Beat with flat bottomed whisk so they look creamy and lemony. Over medium heat, slowly add melted butter while continuously stirring. When all butter has been added, immediately add lemon juice and boiling water mixture *(do not overcook once butter has been added).* This will make the sauce very thin.

Continue stirring and cooking over medium to low heat until sauce starts to thicken. Do not let sauce get too thick; it will continue to thicken once removed from heat. Add a few shakes of cayenne pepper to taste. Remove from heat immediately. Serves 2.

- *3 egg yolks*
- *2/3 c. melted unsalted butter*
- *2 T. lemon juice*
- *2 T. boiling water*
- *cayenne pepper*

Corn Chowder

Make this chowder in a dutch oven.

Fry the bacon in it until almost crisp. Add the onion and potato and saute lightly *(do not brown)*. Stir in the corn and seasonings. Add the boiling water, cover, and bake for about 45 minutes at 350°, or cook on top of the stove over low heat for 30 – 35 minutes, stirring occasionally.

Add the milk and continue to cook until very hot. When you are about ready to serve, stir in a little of the hot mixture into the egg yolks and stir all back together. Add the butter, and garnish with parsley or chives.

- *1 lb. can cream-style corn or fresh corn cut off the cob*
- *3 slices bacon cut in strips*
- *1 medium onion, sliced*
- *1 c. thinly sliced potato*
- *1 T. sugar*
- *3 c. boiling water*
- *1 large can evaporated milk or 2 c. rich milk, scalded*
- *2 egg yolks, stirred*
- *1 T. butter*
- *chopped parsley or chives*

Red, White and Blue Layer Salad

This layered salad is a festive addition to your 4th of July celebration.

Bottom layer: Dissolve cherry Jell-O in 1 cup boiling water. Cool. Add pineapple. Pour in bottom of mold and chill.

Middle layer: Dissolve lemon Jell-O in 1 cup boiling water. Cool. Beat together with milk and sour cream. Combine cooled lemon mixture and milk mixture. When bottom layer is firm but slightly sticky to touch, gently add the middle layer.

Top layer: Dissolve raspberry Jell-O in 2 cups boiling water. Cool. Add blueberries. Pour over middle layer after it is firm but slightly sticky to the touch.

- *2 small pkg. cherry Jell-O*
- *2 small pkg. lemon Jell-O*
- *2 small pkg. raspberry or blackberry Jell-O*
- *1 small can crushed pineapple*
- *14 1/2 can blueberries*
- *1/2 pt. sour cream*
- *2 c. milk*
- *3 c. boiling water*